

Aim for a Healthy Weight.

Why?

Being overweight is related to increased risk for chronic diseases such as high blood pressure, heart disease, stroke, diabetes and certain cancers.

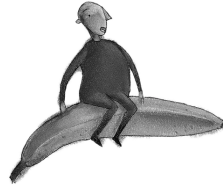
Know Your Numbers:

- Body mass index
- Blood Pressure (Goal: Less than 140/90)
- Total Cholesterol levels
 - Less than 200 mg/dL - Desirable blood cholesterol
 - 200 to 239 mg/dL - Borderline-high blood cholesterol
 - 240 mg/dL and over - High blood cholesterol
- Waist size (Ideal: Less than 35 inches for women and less than 40 inches for men)

Focus on health - not weight loss...

...through:

- Increasing physical activity
- Consuming plenty of grains, fruits and vegetables
- Keeping food safe to eat
- Making wise choices when it comes to high fat, high sugar, high salt items and alcohol



Focusing on losing weight leads to increased health risks from unsafe weight loss methods, weight cycling, eating disorders, binge eating, and dysfunctional eating, and more people smoking.

What is healthy eating?

Healthy eating is flexible. It varies in response to your hunger, your schedule, your proximity to food, and your feelings. It is:

- Going to the table hungry and eating until satisfied.
- Being able to choose food you like and to eat it and truly get enough of it – not just stopping because you think you should.
- Being able to give some thought to your food selection so you get nutritious food, but not be so wary and restrictive that you miss out on enjoyable food.
- Three meals a day, or four or five – or it can be choosing to munch along the way.
- Leaving some cookies on the plate because you know you can have some again tomorrow, or eating more now because they taste so good.
- Trusting your body to make up for your mistakes in eating.
- Taking up some of your time and attention, but keeps its place as only one important area of your life.

Ellyn Satter, Secrets of Feeding a Healthy Family

Dietary Guidelines 2000

The **ABC's** of good health

Aim for fitness

- Aim for a healthy weight.
- Be physically active each day.

Build a healthy base

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- (for adults) If you drink alcoholic beverages, do so in moderation.

Celebrate Eating!

Many adults feel that eating nutritious food takes all the pleasure out of eating. “Healthy” eating comes loaded with overtones of fear, control and dreariness.

Don’t focus on *avoiding* foods.

Instead eat a *variety* of food, do so in *moderation*, and *balance* food choices with physical activity.

- Eat for enjoyment.
- Listen to your body concerning hunger and fullness.

Do you sometimes eat when you are stressed?

- 1) Get plenty of sleep, eat healthy foods and get physical activity everyday.
- 2) Do you feel out of control? Take charge of those things you can change, and let go of those you can’t (or plan action to get out of that situation).
- 3) Do you need more time? Do first things first – prioritize your activities. Stop being a perfectionist.
- 4) Do you feel dumped on? Sometimes we take on other peoples jobs and then resent it. Instead, help others to handle their own problems.

Learn to be happy in your circumstances.

Helping children develop healthy eating habits.

If you eat for enjoyment and listen to your body’s signals concerning hunger and fullness, your children will learn these habits as well.

Golden Rule for Young Child-Feeding

Adults and children each have specific roles when it comes to healthy eating. To prevent disordered eating in children, it is important to keep these roles separate:

Parents (Adults) are responsible to what her/his child is presented to eat:

- Controlling what food comes into the house (school).
- Making and presenting meals.
- Insisting that children show up for meals.
- Making children behave at the table.
- Keeping kids “on task” with their eating.
- Regulating timing and food at snacks (no food right before or after meals).

Children are responsible for what and how much they eat:

- How much s/he eats.
- Whether s/he eats.
- The order in which s/he eats (including dessert).
- How her/his body turns out.

By sticking to these roles, children and adults will learn to enjoy their food and develop healthy eating habits.

Green Treasure Salad

Preparation Time: 10 Minutes
Makes: 4 Servings

- 1 cup green-skinned apples
- 1 cup green seedless grapes
- ½ cup - miniature marshmallows
- ½ cup lemon-flavored yogurt
- 2 tablespoons slivered almonds



Cut the apple into four pieces and remove core and seeds. Cut into pieces. Mix together the apple pieces, grapes, marshmallows, yogurt, and almonds. Serve in small bowls.

Nutrition Information Per Servings: 124 Calories, 3 g. Fat, 3 mg Cholesterol, 22 mg Sodium, 23 g. Carbohydrate, 3 g. Protein